



Upcoming Events and Calendar Dates

Monday, April 27th – Friday, May 1st

Home-Based Distance Learning

- K-2 Classrooms via SeeSaw
 - 3-8 Classrooms via Google Classroom
- Look for emails and information from your student's teacher(s) to connect you and your student to their online learning platform.

Wednesday, April 29th – Principal's Virtual Evening Check-In & Conversation ~ 5:30-6:00pm

Friday, May 1st – Principal's Virtual Daytime Coffee & Conversation ~ 9:00-9:30am

Tuesday, May 6th – Virtual PTA Meeting – 5:45-7:30pm



Home-Based Distance Learning
resources for families are linked to this Portland Public School's [page](#). Here you will find all the information you need regarding teaching and learning that will carry student's until the end of the school year.

Here is the link to the Vernon K-8 School Counseling Resources Webpage. We are here to support.

[I Believe, I Belong, I Become. Come Grow With Us](#)



Jen Goslin - K-5 School Counselor
Hilary Gourneau - K-5 Counseling Intern
Laura Benice – Middle School Counselor
Audrienne Manansala – Middle School Counseling Intern

STAY HOME
STAY SAFE
SAVE LIVES

From Ms. Tatiana Bruce – SUN Coordinator

If you or someone you know is in need of supports during the COVID19 outbreak, please reach out to me. I am able to support with a variety of needs, from food and home supplies, as well as financial supports. All communication is confidential. You can email me at tatianab@selfenhancement.org



Hello Vernon Community! Please mark your calendars for our first VIRTUAL PTA MEETING to be held on **Wednesday May 6th from 5:45-7:30pm**. Standby for a link to the meeting posted on Facebook and in a school wide email. Key agenda items include: identifying new officers for next year's PTA Board, reviewing a proposed budget for 2020-2021, and discussing the addition of an provision in our Standing Rules to accommodate exceptional circumstances like the ones we are currently experiencing. The board will also share some of our ongoing discussions about supporting families in our community who are especially affected by Covid-19.

As mentioned, the Vernon PTA is seeking new Board Members for next year for the following positions:

- President
- Vice President
- Treasurer (2)
- Families of Black Students Liaison
- Las Familias Liaison
- MYP 6th -8th Grade Coordinator(s)
- PYP Volunteer Coordinator

Being part of the Board is immensely rewarding. Please consider a position if you are passionate about supporting all students at Vernon, bringing our community together, and making great things happen for our kids. If you have new ideas and a vision for our community and you want to learn more about what your children are learning at Vernon and how Vernon teachers and staff work with them during the day, then being on the PTA Board is where you can have a presence and insight. The single best way to really understand and support our children and our community is to join the PTA, and this year we really need you!

I encourage you all to please take some time to consider what you have to offer this amazing community. We are going to need some strong new leaders to take the helm and lead the PTA into another great year next fall. Feel free to email, text or call me! Casey Clark PTA President - ptapresident@pm.me - 503.869.9799



What is the role of the PYP Volunteer Coordinator?

The PYP (Primary Years Program) Volunteer Coordinator is a great way to meet incoming Vernon families and make connections throughout the school. Besides taking part in monthly board meetings and monthly PTA meetings, the PYP Volunteer Coordinator heads the kindergarten meet-up, New Families coffee, Kindergarten Information Night and Kindergarten Open House. The kindergarten meet-up takes place late August, before the start of school. New Families coffee happens after drop off on the first day of kindergarten. Kindergarten Information Night and Open House happen in winter, usually late January and early February. This position supports other PTA committees and events by helping to recruit and connect volunteers. I hope you will consider joining the Vernon PTA as next year's PYP Volunteer Coordinator. It is a fun role and a newer position, so feel free to make it your own. Darcy Attebery

VERNON PROUD

What is the role of the Vernon PTA President?

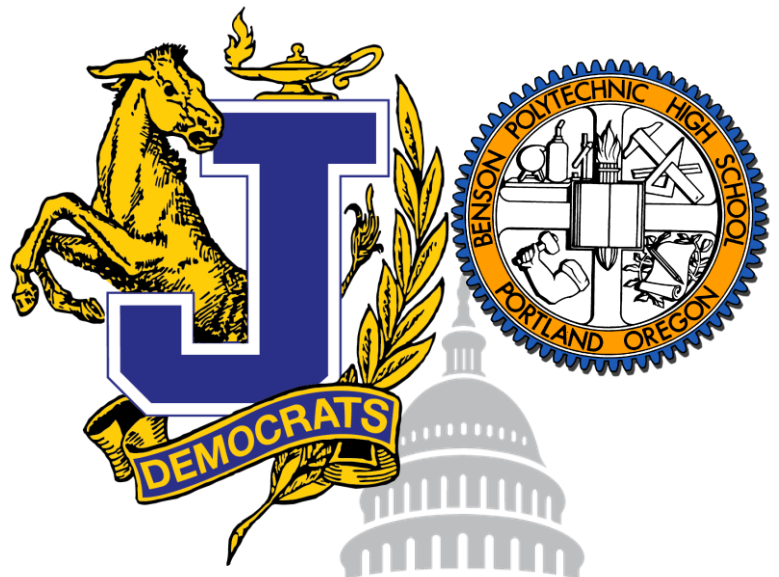
The role of the President on the PTA Board is largely one of being a point-person for the Board and the PTA members. As President, I keep tabs on PTA events, help organize logistics, stay in touch with PTA Committees, organize agendas for our Board and General meetings, and work closely with the Treasurers to stay informed about PTA finances. I also stay in touch with our other Board members to hear about what thoughts, needs and questions may be coming in from their spheres of the Vernon Community, and liaise with the Vernon administration on a regular basis as well. I spend about 5 hours a week working on PTA-related matters, maybe a bit more during the busy times of year. Mostly I fit this work in the evenings or early mornings, and find it manageable even with my two jobs.

Each President who has taken on this role has done things in their own way, with their own style, and made meaningful impacts. There are a handful of things that you will have to get done as President--but Vernon has a supportive and engaged community, and our robust volunteer and membership base and uniquely large Board will be there to help you! It truly is a team effort, and as President you are there to bring your personal vision to support our children and community to the medium of what is a very impactful organization. There is no more direct means to have a direct impact on our children's educational experience, and really know what is going on with your children's education than by joining the PTA Board. It is a truly rewarding experience!

Leap Into 9th Grade

Leap into 9th Grade prepares incoming ninth grade students to excel in high school by building a foundation for success before starting high school. Families can register [students online](#). Leap will take place at PPS' eight high schools June 24 – July 15 and at Benson July 6 – 24, from 9:00 am- 12:30 pm. Please note that programming dates are subject to change due to social distancing guidance updates.

Please reach out to Ms. Benice with questions at lbenice@pps.net.



MADISON
HIGH SCHOOL

Coronavirus
Updates and Resources



for Portland Public Schools

COVID 19 Updates

[This link](#) will take you to the PPS COVID19 page. On this page you will find links to many resources for support as well as information from the district. [A new link](#) has been added from the department for Student Success and Health with links to many of their departments that are available to support students and families during the school closure.



From Vernon's School Nurse – Rob Nicholson

Hello Vernon Families,
Even though the school campus is closed, the Vernon Health Room is still here for you. We are available to answer non-emergency health questions and COVID-19 specific information. See the phone number and email below to contact us!

Here are some resources and information:

The Multnomah County Student Health Center at Parkrose High School is still open from Monday to Friday. Call ahead to arrange an appointment at (503) 988-3392.

If you are concerned about your or someone else's mental health, you can call Multnomah County Crisis Services at (503) 988-4888 (24 hours a day, 7 days a week). Interpretation services available.

COVID-19 information seems to change daily. Call 211 or visit the COVID-19 webpages for the CDC or OHA for the latest information. We can also answer your questions.

It is easy to become overwhelmed right now. Don't forget, we are all in this together, Vernon!

Sincerely,

Rob Nicholson, School Nurse [rnicholson@mesd.k12.or.us, cell with text: (971) 202-3738]

Donna Eckford, School Health Assistant (deckford@mesd.k12.or.us)

Portland's COVID-19 Emergency Household Stabilization Funds

The COVID-19 Emergency Household Stabilization Fund offers limited direct cash assistance to households experiencing a loss of income due to COVID-19 for urgent needs like groceries, utilities, and medical expenses. Households can apply for funds through 211 beginning April 27 at 10 a.m.

How to Apply

Applications submitted before April 27, 2020, 10AM will not be accepted. Households can apply for \$250 in emergency assistance beginning Monday, April 27 at 10am by contacting 2-1-1 or going to <https://www.211info.org/phb-eng>. Applications from eligible households will be processed on a first-come-first-served basis. Assistance with language interpretation or accessibility is available.

Cómo solicitar

Solicitudes entregadas antes de April 27, 2020, 10am no serán aceptadas. Los hogares pueden solicitar \$250 en asistencia de emergencia a partir del lunes 27 de abril a las 10am, contactando al 2-1-1 o visitando <https://www.211info.org/phb-esp>. Las solicitudes de hogares elegibles se procesarán en el orden que sean recibidas. Se tiene disponible una asistencia para interpretación de idiomas o accesibilidad.

怎样申请

2020年4月27日上午10点钟之前提交的申请会被拒收。家庭可以从4月27日星期一上午10点开始申请250美元的紧急援助,通过联系2-1-1或到 <https://www.211info.org/phb-chi>。合格家庭的申请将以先到先得的方式处理。可提供语言翻译或理解帮助。

Làm Thế Nào để Đăng Ký

Đơn đăng ký trước ngày 27 tháng 4 năm 2020, 10 giờ sáng sẽ không được chấp nhận. Các hộ gia đình có thể nộp đơn xin hỗ trợ khẩn cấp \$250 bắt đầu từ Thứ Hai, 27 tháng 4 lúc 10 giờ sáng bằng cách liên hệ với số 2-1-1 hoặc truy cập <https://www.211info.org/phb-viet>. Các đơn xin từ các hộ gia đình đủ điều kiện sẽ được xử lý trên cơ sở đến-trước-được-phục-vụ-trước. Hỗ trợ với phiên dịch theo ngôn ngữ hoặc khả năng tiếp cận đều có sẵn.



Vernon IB World School

IBelieve. IBelong. IBecome.
Come grow with us.



Ms. Goslin's K-5 Counseling Activities.....Week of April 27

Hello Everyone!






Last week I was in a class where the question was, if you could be a superhero, who would you be? Some ideas were: to wipe out Covid and other sicknesses, to fly, to be invisible, to turn back time, and to turn into animals. It is fun to imagine ourselves having powers. It helps us to feel like we are in control of our worlds and can shape our environment the way we want it. I think you all are superheroes! The way you are adapting to this new world is inspiring! Every day I hear of all the creative things you are working on. Learning comes in all shapes and sizes and nothing can stand in the way of your growth as a student.

Vernon Pride! Take care! Ms. Goslin

Email: jgoslin@pps.net

Website: <https://vernonschoolcounseling.weebly.com/contact-us.html>

Tried an activity? Have an idea?: <https://forms.gle/wpR56baWJkqMSv4TA>

Mindful Monday 4/27	GratiTuesday 4/28	Wellness Wednesday 4/29	Thoughtful Thursday 4/30	Fun Friday 5/1
				
<p><u>Emotions Chart or Feelings Thermometer</u></p> <p>Ms. Goslin and her daughter, Mayla, share: https://www.youtube.com/watch?v=V-J5fFGZ_10</p> <p>Choose one of these to post up in your home. (You could even make your own!) Look at it at least once a day and think about what feelings you are having. Share those feelings with someone you love.</p> <p>Size of Feelings https://bit.ly/3br3RjZ</p> <p>Zones of Regulation Feelings https://bit.ly/2Vp2UT5</p> <p>My Feelings Thermometer https://bit.ly/3apHhXI</p>	<p><u>Watch Carla from Multnomah County Library Read- Cool Cuts</u></p> <p>You all were born to be AWESOME! I'm so grateful to be your School Counselor!</p> <p>https://www.youtube.com/watch?v=cftRa5f38Pc</p>	<p><u>Mindset Finder Fortune Teller</u></p> <p>Mindset Finders help you change your perspective on challenges that we all face. Either by yourself or with a friend, choose a Mindset Finder that best describes the challenge you're facing, or your goal. https://bit.ly/2VQ2Zhh</p>	<p><u>Be Kind to Your Sibling (or Someone you love) Calendar</u></p> <p>Want to build some positivity into your relationships? Add some kindness! It can go a long way. And who knows, maybe they will send some kindness your way!</p> <p>https://bit.ly/2zctOoh</p>	<p><u>Peaceful Pen Pals</u></p> <p>Make new friends through some good old fashioned letter writing!</p> <p>Parents or legal guardians may sign you up. They will match you with another student of a similar age.</p> <p>https://kidsforpeaceglobal.org/peacefulpenpals/</p>



GUIDELINES FOR ONLINE SAFETY & DIGITAL CITIZENSHIP

ANONYMITY AND PRIVACY

Anonymity: The internet can give the impression that we are anonymous. However, everything we do (and say) online leaves a digital footprint behind.

Privacy: Everything you do online using your PPS account and/or technology is a matter of public record. You should not assume anything you say, post, submit, etc. is private.



COMMUNICATING ONLINE



When we are communicating online we don't have the benefit of reading other people's emotions so we need to be thoughtful about what we say to avoid any misunderstandings. You can help by using proper punctuation, grammar and spelling and avoiding the use of slang or abbreviations. No one wants to be shouted at so never use ALL CAPS!

DIGITAL CITIZENSHIP

- Before posting, re-read what you are going to say, then post.
- Be kind, respectful & professional
- Keep your comments/questions relevant and on topic
- No joking about sensitive topics or sharing inappropriate images or material.



COMMUNICATION TOOLS

All school-related communication must be done using with your PPS email account or login.

Students will be communicating with teachers and classmates using tools including but not limited to Gmail, Google Meet (Hangouts), Google Voice, Google Classroom, and Remind.



WWW.PPS.NET/TITLEX

TITLE IX OF THE EDUCATION AMENDMENTS ACT OF 1972

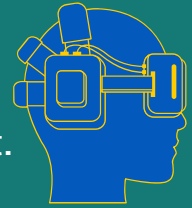


PROTECTS KIDS FROM DISCRIMINATION, HARASSMENT & (CYBER)BULLYING AT SCHOOL & ONLINE



VIRTUAL LEARNING EXPERIENCES

All virtual learning apps and experiences are for PPS students only. Do not share passwords, course codes, meeting links, or any other information that gives non-PPS students access to your online content.



GOOGLE MEET GUIDELINES



- Dress as you would for school
- Be on time
- Mute your microphone unless you are actively speaking
- Keep the camera off if there are distractions around you or if you are concerned about safety (the camera picks up everything!)
- Avoid eating; avoid multi-tasking

DIGITAL SUPPORTS

PPS Student & Parent Portal

Links to help guides, access to Canvas, Seesaw, Clever, Google Classroom and other technologies depending on grade level.

PPS Tech Support for Students & Parents



REPORT



Title IX protects PPS students, staff and third-parties regardless of whether its online or in-person, from (cyber)bullying, harassment or any form of gender discrimination. For the duration of PPS-HD, our focus is on ensuring online student/community safety and modeling safe, healthy relationships. We will continue to respond promptly to every Title IX report. Please visit the Title IX website for how to report and what is prohibited.

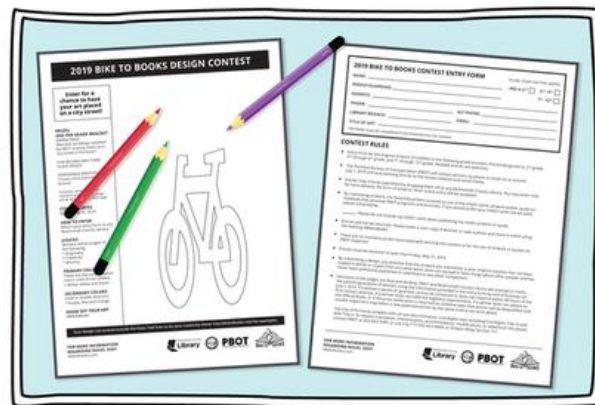
WWW.PPS.NET/TITLEIX



BIKE MONTH IS IN MAY, AND THAT MEANS IT'S TIME FOR THE BIKE TO BOOKS DESIGN CONTEST!

[Click here](#) to view the winning designs from 2019 and [here](#) for the PBOT page with details.

Celebrate Bike Month this May by taking a bike ride to your [local library](#)! Every person who bikes to a Multnomah County Library branch will receive a sticker when you pick up your contest form in May!



- Join the Bike More Challenge and log your bike trips to the library and elsewhere!
- Check out PBOT's Event Calendar on Facebook for a list of Bike Month happenings around the city.
- Share your bike ride to the library on social media with the hashtag #BiketoBooks!

Did you know? Riding your bike to school or to the library can be simple, efficient and, most importantly, fun. Research shows that biking to school has learning benefits for kids as well.

Bike to Books is a bike-friendly collaboration between the Portland Bureau of Transportation, and Multnomah County Library.

2020 BIKE TO BOOKS DESIGN CONTEST

Enter for a chance to have your art placed on a city street!

PRIZES:

ONE PER GRADE BRACKET

GRAND PRIZE

Bike lane art design installed by PBOT striping crews on a city street in Portland.*

FUN SECOND AND THIRD PLACE PRIZES!

**Location, timing and final rendition of the winning design will be determined by PBOT staff.*

CONTEST DATES

May 1 - May 31, 2020

HOW TO ENTER

Print the form on biketobooks.com or request printed forms at: surveymonkey.com/r/BiketoBooks

Email photos of BOTH SIDES of your completed entry form to biketobooks@portlandoregon.gov and keep the original copy!

JUDGING

Winners will be judged on the following:

- Originality
- Creativity
- Whimsy

PRIMARY COLORS

These are the most common colors used on our streets:

- White, Yellow and Green

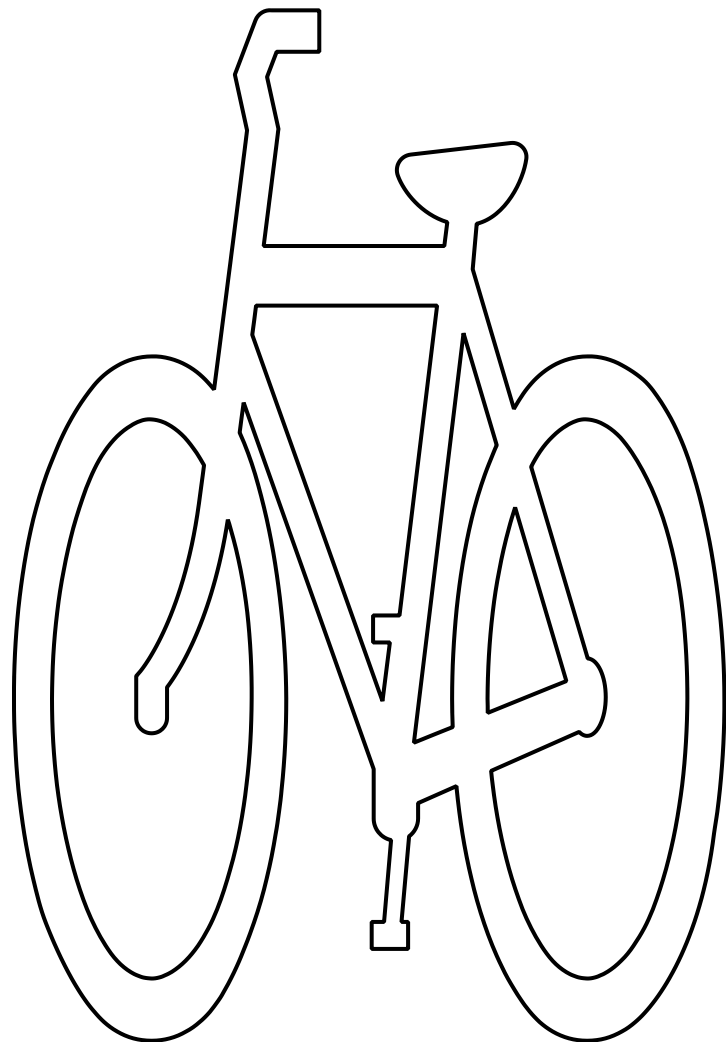
SECONDARY COLORS

Used in smaller amounts:

- Purple, Red and Orange

SHOW OFF YOUR ART

[#BikeToBooks](https://twitter.com/BikeToBooks)



Your design can extend outside the lines. Feel free to let your creativity shine! Visit biketobooks.com for examples.

FOR MORE INFORMATION REGARDING RULES, VISIT
biketobooks.com



2020 BIKE TO BOOKS CONTEST ENTRY FORM

Grade: Check box that applies

NAME: _____

PRE-K-2nd 3rd - 6th

PARENT/GUARDIAN: _____

7th - 12th

ADDRESS: _____

PHONE: _____ ALT PHONE: _____

LIBRARY BRANCH: _____ EMAIL: _____

TITLE OF ART: _____

*All fields must be completed to be entered into the contest.

CONTEST RULES

- Entry must be the original artwork of children in the following grade brackets: Pre-Kindergarten to 2nd grade, 3rd through 6th grade, and 7th through 12th grade. Multiple entries are welcome.
- The Portland Bureau of Transportation (PBOT) will contact winners by phone or email on or around July 31, 2020 and post winning entries to the bureau website and social media.
- Entries will only be accepted through the Bike to Books email: biketobooks@portlandoregon.gov.
- By submitting artwork, the Parent/Guardian consents to use of the child's name, artwork and/or quote on materials that promote PBOT programs and activities. If you would prefer your child's name not be used, please initial below.

_____ Please do not include my child's name when publishing my child's artwork or quote.
- There are no monetary prizes associated with winning this contest or for the use of artwork or quotes on PBOT materials.
- Entries must be received no later than Friday, May 31, 2020.
- By submitting a design, you promise that the artwork you submitted: is your original creation; has not been copied in whole or in part from any other work; does not say bad or false things about other people; and has never been previously published or submitted to any other competition.
- Decisions of the judges are final and binding. PBOT and Multnomah County Library will attempt to notify the parents/guardians of winners using the information provided in the entry form by end of business on July 31, 2020. If a winner's parent or guardian cannot be contacted or does not respond within 48 hours of the first contact attempt, if a winner does not fulfill the eligibility requirements, if a winner does not adhere to the Official Rules, or if the prize notification is returned as undeliverable, that winner will be disqualified and contest organizers may select a new potential winner by the same criteria set forth above.
- The City of Portland complies with all non-discrimination, Civil Rights laws including Civil Rights Title VI and ADA Title II. To request translation, interpretation, accommodation, modifications, or additional info please contact PBOT at 503-823-5185, or use City TTY 503-823-6868, or Oregon Relay Service: 711.